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Ultimate Pineapple Smoothie with Dulse

- 1 c Fresh Pineapple, cubed
- 1/2 c Vanilla Yogurt
- 1/4 c Pineapple-Orange Juice
- 1/2 c Crushed Ice
- 1 tsp Dulse Flakes

Combine all ingredients in a blender; blend until smooth and frothy. Pour and enjoy.

